

## ONLY SOUND

*Leave the stresses of the modern world behind and bring a sense of complete relaxation to your whole being through the vibration of sound. The sounds of the Gong and Himalayan singing bowls will take you on a journey into a deeply peaceful state.*

### SIGNATURE SOUND BATH

Sink into the powerful healing frequencies of Himalayan singing bowls, gongs, soothing sea and rain sounds and other instruments. This therapeutic session creates an opportunity to unplug and relax. Surrender to the vibrations while the sound will take you wherever your mind, body and soul desires.

*\$350 per person  
90 minutes  
Up to two guests*

### SINGING BOWL BATH

Rest comfortably in the deeply resonant, multi-waved space as variety of Tibetan singing bowls take you on a profound journey to alleviate stress, relax muscles and rejuvenate energy whilst clearing the mind of unnecessary clutter.

Meditating on sound, with a complex range of vibrations and rhythms create a transformative soundscape which allows you to harmonise and rebalance dissonances in your mind, body and soul.

*\$350 per person  
90 minutes  
Up to two guests*

### ASMR GUIDED MEDITATION

ASMR is a new wellness trend for relaxation and stress-relief with proven benefits similar to those of meditation. The feeling is often described as tingles and can occur when hearing certain sounds, soft speaking, watching someone else carefully perform a task, nurturing touch or receiving personal attention. ASMR helps assist with total relaxation, pain management and focus meditation.

*\$350  
90 minutes  
One guest only*

### SONIC BODY MASSAGE

The Peter Hess Sound Massage Therapy is a deep relaxation experience where smooth sound vibrations gently stimulate the body and thoughts come to rest as tension is softly relieved. This fine cell massage is a gentle treatment where healing bowls are placed on and around your body.

The resonant and harmonic vibrations from the singing bowls will deeply penetrate into the muscles and tissue, leaving you relaxed and rejuvenated. This treatment is recommended for anyone who is seeking an alternative relaxation therapy to reconnect, rebalance and enhance awareness of the mind and body connection.

*\$350  
90 minutes  
One guest only*

### REIKI

Reiki is a Japanese therapy, which uses gentle, non-invasive touch to promote wellbeing. This treatment gently yet effectively opens up blocked energy in the body to restore balance whilst leaving you deeply relaxed.

As the energy of Reiki beings to flow open, tune into the rich soundscape of the sacred instruments striking deep within the cells of your body. They will further create a harmonic resonance allowing you to enter a calm, meditative state.

*\$350  
90 minutes  
One guest only*